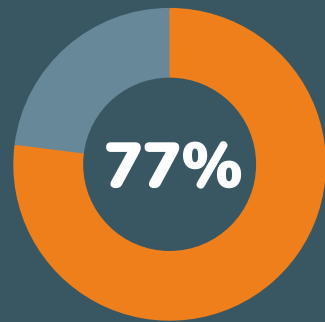


# THINK POSITIVE IMPACT 2021–2022

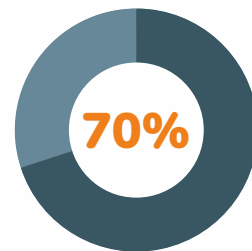
## STUDENT MENTAL HEALTH AGREEMENT



of all colleges, universities and students' associations in Scotland took part in the Student Mental Health Agreement project. An increase of **23%** compared to the previous year.



individual video consultancy support sessions delivered by Think Positive to colleges, universities and students' associations across Scotland.

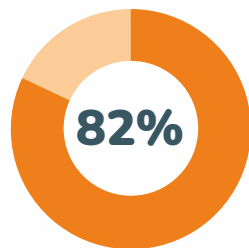


of project participants have their SMHA in place and the remaining **30%** are currently developing it!

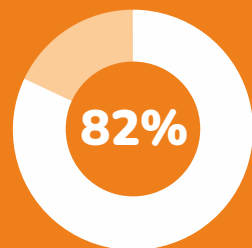
The SMHA project has had the potential to benefit

### 417,600+ students

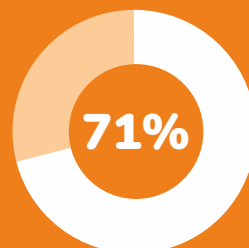
during 2021–2022 as **78%** of all students in Scotland attend participating institutions. See our map here: <https://tinyurl.com/2zzx6y4r>



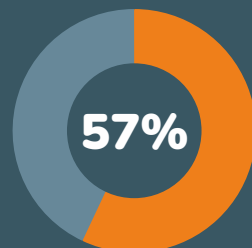
reported that taking part in the SMHA project had a positive impact on how their students talk about mental health.



reported they have more of a joined-up approach when supporting students' mental health, since taking part in the SMHA project.



reported that their SMHA has been embedded into other frameworks and wider policy work.



reported that their mental health support offer has improved since taking part in the SMHA project.

## SMHA PARTICIPANT FEEDBACK

“

“We have found taking part in the project incredibly helpful. We've learned about the practise and events held from other institutions and been able to explore if these would work for our students, engage the student voice in shaping our support services, and strengthen the work with our students association on student mental health.”

“

“Overall our experience of taking part in the SMHA has been great, it's provided us with an overview of how different workstreams can adapted and new ones created. It has allowed us to link into other priorities for the university, whilst highlighting so many amazing project are being delivered for students.”

“

“The support has been positive, supportive and helpful. I have felt encouraged that we will be able to call on support if we need it. The materials we have been given have been easy to use and it was useful to know that some of the documentation has been updated as a result of feedback which is heartening to hear.”

“

“It was clear and helpful and provided us with useful information and insights - I felt happy that we knew our next steps and were able to connect with webinars and resources to help.”



**think+**  
positive about  
student mental health

**nus** scotland  
national union of students

# THINK POSITIVE IMPACT 2021–2022

## THINK POSITIVE HUB

1.1k

users during the first 3 months of launching.

97

pieces of content submitted to the Think Positive Hub during its first three months of launching.

### Project participants have used the Think Positive Hub to...

Access resources	64%
Search for content in The Hub	61%
Find out more about Think Positive's work	61%
View other participants Student Mental Health Agreements	57%
View the mental health support offer at other colleges and universities	46%
Find information on the work of external organisations	32%



A summary of the mental health support offer available at all colleges and universities in Scotland is shared on the Think Positive Hub – [www.thinkpositive.scot](http://www.thinkpositive.scot)

## SMALL GRANT SCHEME

9

project participants were awarded funding through the Small Grant Scheme totalling £2,500. These 9 projects were brand new pieces of mental health work which the institutions and students' associations committed to take forward together.



## THE FORUM

7

The Forum meetings facilitated. Bringing those involved in mental health work at colleges, universities and students' associations across Scotland together.

22

Scottish colleges, universities and students' associations represented.

100%

agreed that attending The Forum has enabled them to learn from the experiences of other colleges, universities and students associations.

100%

felt that attending The Forum has given them a greater insight into the approach of other colleges, universities and students associations.

91%

feel more connected to other colleges, universities and students associations since attending The Forum.



*"I have thoroughly enjoyed participating in The Forum sessions the past few months, and have found it beneficial when coming to actually prepare my institution's new SMHA, as I had the opportunity to hear directly the experience of other staff and institutions who have gone through the process themselves."*



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[www.thinkpositive.scot](http://www.thinkpositive.scot)

**nus** scotland  
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